




STRATEGIES FOR LEARNING PREFERENCES

LEARNING PREFERENCE	STRATEGIES TO MAXIMIZE LEARNING
<p style="text-align: center;">Observers (Visual Learners)</p> <p style="text-align: center;"></p> <p>Learn best by watching. For example, you'd rather watch someone give an injection before reading the procedure</p>	<ul style="list-style-type: none"> ○ Sit in the front of the room, so you stay focused on the <u>teacher</u>, not on what's going on around you. ○ Visualize procedures in your mind's eye, rather than trying to follow individual steps. ○ In skills labs, don't go first. Rather, watch your classmates and take a later turn. ○ Ask for observational experiences. ○ Take lots of notes and use a highlighter. Recopy your notes when you're studying. ○ When learning new terms or concepts or trying to remember something, write them on "sticky notes" and put them where you'll see them frequently (the bathroom mirror, the computer). ○ Preview chapters by scanning headings and illustrations.
<p style="text-align: center;">Doers (Kinesthetic learners)</p> <p style="text-align: center;"></p> <p>Learn best by moving, doing, experiencing, or experimenting. For example, you'd rather play with a syringe and inject a dummy before reading the procedure</p>	<ul style="list-style-type: none"> ○ Start by doing (e.g., play with equipment before reading about how to use it) because it will make observing, reading, and listening more meaningful. ○ Be sure you know the risks of doing without much knowledge and find ways to minimize them (e.g., If you're playing on the computer, make sure you can't inadvertently erase a file). ○ When taking notes, use arrows to show relationships. ○ Draw boxes and circles around key concepts; make diagrams. ○ Pace up and down while reciting information to yourself; ride a bicycle while listening to an instructional tape. ○ Make tapes with the information you're trying to learn and play them while exercising (e.g., riding a bike), or read while riding a stationary bike. ○ Write key words in the air; use your fingers to help you remember (bend the forefinger as you memorize a concept, then the bend the next for the next concept, and so on). ○ Change positions frequently while studying; take frequent short breaks involving activity. ○ Study in a rocking chair; play background music. ○ Ask if you can do assignments in an active way (e.g., create a poster, be part of a discussion group).
<p style="text-align: center;">Listeners (Auditory Learners)</p> <p style="text-align: center;"></p> <p>Learn best by hearing. For example, you learn best when you can listen without worrying about taking notes.</p>	<ul style="list-style-type: none"> ○ Whisper as you read, listening to your words (especially important when reading test questions). ○ Listen in class without taking notes, focusing on understanding what the teacher says; then make a copy of someone else's notes. ○ Tape classes and listen to the tapes two or three times before exams. ○ Ask if you can give an oral report or hand in an audiotape for extra credit. ○ Memorize by making up songs or rhymes. ○ Study with a friend, so you talk about the information. ○ Tape yourself as you read key out loud, then listen to the tapes.